

Module 17:

**Basic Information
About Nutrition
Education**

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Overview

Introduction

This module will help you understand the WIC Nutrition Education. It will cover basic information about nutrition education contacts.

It is NOT a substitute for AIM training. During AIM training you will learn how to access and document nutrition education contacts and schedule appointments.

Learning Objectives

After completing this module the CNW will be able to:

- describe the types of nutrition education contacts* for each participant category;
 - access nutrition education contacts in AIM;
 - document nutrition education contacts in AIM;
 - modify a participant's nutrition education plan; and
 - schedule appointments in AIM.
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Words that you may not know are **underlined. Definitions for these words can be found in the **Glossary** at the end of the module. (Note: Words are only underlined the first few times they appear in the text.)*

Nutrition Education

Definition

Nutrition education is:

- individual or group education sessions and
- the sharing of information and educational materials.

Goals

The goals of nutrition education are to help participants and their families:

- improve their health status,
- understand the strong relationship between nutrition and health,
- improve their food choices and eating habits by showing them how to use WIC foods and other healthy foods, and
- prevent nutrition-related health problems.

Methods

There are 3 ways that participants may get nutrition education. These are:

- individual sessions,
 - self-paced instruction (such as pamphlets and/or handouts), or
 - group sessions or classes.
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Nutrition Education Contacts

Definition

Each nutrition education session is called a nutrition education contact.

Examples

A nutrition education contact may be:

- a certification appointment,
 - a mid-certification assessment,
 - a group education session (class) or
 - an individual education session.
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Requirement

WIC participants or the parents/guardians of WIC participants must be offered **at least 2** nutrition education sessions during each certification period.

Alternates or proxies are encouraged to attend nutrition education sessions for participants. (Check to see what your agency's policy is regarding nutrition education sessions for alternates or proxies.)

Types of Nutrition Education Contacts

The type and number of nutrition education contacts that each participant receives depends on her/his category and risk level.

Chart of Nutrition Education Contacts

The chart on the next page shows the type of nutrition education contact(s) required for each category and some examples of topics discussed in these sessions.

Nutrition Education Contacts (continued)

Types of Nutrition Education Contacts & Sample Topics Discussed by Category

Category	Type of Appointment	Sample Topics Discussed
Pregnant Woman	<ul style="list-style-type: none">• certification	<ul style="list-style-type: none">• prenatal nutrition• breastfeeding promotion
Breastfeeding Woman	<ul style="list-style-type: none">• certification• recertification• nutrition education contact	<ul style="list-style-type: none">• breastfeeding support• postpartum nutrition
Non-Breastfeeding Woman	<ul style="list-style-type: none">• certification• recertification• nutrition education contact	<ul style="list-style-type: none">• postpartum nutrition
Infant	<ul style="list-style-type: none">• certification• mid-certification assessment• nutrition education contact	<ul style="list-style-type: none">• breastfeeding review/support• introduction to solids• introducing the cup
Children	<ul style="list-style-type: none">• certification• recertification• nutrition education contact	<ul style="list-style-type: none">• baby bottle tooth decay• bottle weaning• “picky” eaters

Learning Activities 1 & 2

To learn more about nutrition education you may want to try **Learning Activities 1 and 2**.

Summary

Nutrition Education

Nutrition education is individual or group education sessions and the giving of information and educational materials.

Goals of Nutrition Education

The goals of nutrition education are to help participants and their families:

- improve their health status,
 - understand the strong relationship between nutrition and health,
 - Improve their food choices and eating habits by showing them how to use WIC foods and other healthy foods, and
 - Prevent nutrition-related health problems.
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Glossary

case study – A case study is a description of a person or situation that is studied to decide the best plan of action.

nutrition education contact – Nutrition education is individual or group education sessions and the sharing of information and educational materials.

role play – A role play is when 2 or more people act out a scene as though it was “real life”. “Props” such as baby dolls or food models are not needed but may be helpful.

Progress Check

1. Mark the following as “TRUE” or “FALSE”.

_____ A goal of nutrition education is to help participants understand the relationship between proper nutrition and good health

_____ Nutrition education helps WIC participants make healthy food choices.

_____ The main focus of nutrition education is to help participants start exercising.

_____ Group sessions are the only way that participants get nutrition education.

_____ WIC participants or the parents/guardians of WIC participants must be offered **at least 1** nutrition education session during each certification period.

2. For each category in the chart below write in the types of nutrition education contacts possible.

Category	Type of Nutrition Education Contact
Pregnant Women	
Breastfeeding Woman	
Non-Breastfeeding Woman	
Infant	
Children	

Learning Activities

The following activities are included and are recommended for interactive learning:

- Learning Activity 1: Case Studies
- Learning Activity 2: Role Plays

Activity 1: Case Studies

Instructions

1. Read each of the 3 case studies on the following pages.
 2. Describe what you would do for each case study.
Talk to your supervisor or mentor if you need help.
 3. When you are finished, discuss your responses with your supervisor.
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Activity 1: Case Studies (Continued)

Case Study 1:

Cindy Ying is 25 years old. She is 18 weeks pregnant with her second child. (Her first child is now 6 years old.)

Height: 62 inches

Current Weight: 145 pounds (before pregnancy-135)

Hematocrit: 36%

Cindy's dietary recall showed the following servings:

- 9 for breads & cereals,
- 2 for protein,
- 2 for milk,
- 2 for vegetables,
- 4 for fruit, and
- 5 glasses of water.

During the session you tell her that she is eligible for WIC. You compare her diet with the recommended daily intake and show her what changes she can make. You also discuss with her the need for iron rich foods and how she can increase the amount of iron in her diet. You encourage her to select a nutrition goal. You schedule her to return in 1 month to attend a group session on good nutrition during pregnancy.

continued on next page

Activity 1: Case Studies (Continued)

Case Study 2:

Rosa Garcia was enrolled at WIC 3 months ago. She had her baby 3 weeks before her Estimated Date of Delivery (EDD). She is currently breastfeeding. She takes walks sometimes but does not exercise regularly.

You recertify her as a breastfeeding woman. She is concerned about how much weight she gained during her pregnancy.

Height: 62 inches

Current Weight: 155 pounds (before pregnancy-105 pounds)

Current Hematocrit: 37% (at enrollment 30%)

Rosa's dietary recall showed the following servings:

- 12 for breads & cereals,
- 5 for protein,
- 7 for milk,
- 6 for fruits & vegetables, but none were a good source of Vitamin A,
- 3 regular sodas, and
- 2 candy bars.

During the session you discuss low fat food choices, eliminating empty calories, and increasing her activity level. You encourage her to select a nutrition goal.

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Activity 1: Case Studies (Continued)

Case Study 3:

Jason Dillon is 15 months old and in the 55th percentile for weight/height. At the last certification appointment Jason was underweight for his height.

Jason's mother tells you that he is drinking from a bottle and does not usually eat the beans and other protein foods that she offers him. He has been tired and cranky lately.

Jason's dietary recall showed the following servings:

- 3 for breads & cereals,
- 1 for protein,
- 10 for milk, and
- 3 for fruits & vegetables (2 of which were fruit juice).

During the session you tell Jason's mother that he is eligible for WIC. You also discuss with her the need for taking him off the bottle and drinking less milk so he will eat other foods. You schedule the next appointment, a class on toddler nutrition, in 2 months.

Activity 2: Role Plays

Learning Objectives

After completing this activity the CNW will be able to:

- review nutrition education plan history when needed,

Background

A role-play is a scenario in which 2 or more people act out a scene as though it was “real life”. Props are not needed but may be helpful.

Instructions

1. Ask your mentor, supervisor, or co-worker to role play any 2 of the 4 participant roles (A-D) described on the following page.
2. Using the information and skills you have learned in this module, act out the role of a WIC CNW in a session with each of the 2 participants. (If possible, use an AIM terminal that is set up for simulations.)
3. Mentor/Supervisor/Co-Worker: Using the role play as your guide, act out the role of the participant. Provide any information that would help the CNW learn about Nutrition Education. Try to be as realistic as possible.
4. After each session, ask your co-worker to tell you what s/he noticed. Make sure to ask for your strengths as well as weaknesses.

continued on next page

Activity 2: Role Plays (Continued)

4 Participants

**Role Play
A**

LaTrisha Jones is a 17-year old pregnant teen. This is her first appointment. She is eligible for WIC. She tells you that she eats out a lot---mainly at fast food restaurants...

**Role Play
B**

Juanita Hernandez has been on WIC since her daughter was 3 months old. She came to all her appointments since that time. Juanita told staff at her last appointment that her daughter who is now 18 months old is still drinking from a bottle. She is attend a group session on baby bottle tooth decay today....

**Role Play
C**

May Nguyen is a breastfeeding woman who is being recertified. She missed her last appointment...

**Role Play
D**

Joyce Wade is a non-breastfeeding mother of a 2-month old. She also has a 2-year old son. They are all eligible for WIC. This is her first appointment.

Progress Check Answers

1. Mark the following as “TRUE” or “FALSE”.

TRUE A goal of nutrition education is to help participants understand the relationship between proper nutrition and good health

TRUE Nutrition education helps WIC participants make healthy food choices.

FALSE The main focus of nutrition education is to help participants start exercising.

FALSE Group sessions are the only way that participants get nutrition education.

FALSE WIC participants or the parents/guardians of WIC participants must be offered **at least 1** nutrition education session during each certification period.

2. For each category in the chart below write in the types of nutrition education contacts possible.

Category	Type of Nutrition Education Contact
Pregnant Women	<ul style="list-style-type: none"> • certification
Breastfeeding Woman	<ul style="list-style-type: none"> • certification • recertification • nutrition education contact
Non-Breastfeeding Woman	<ul style="list-style-type: none"> • certification • recertification • nutrition education contact
Infant	<ul style="list-style-type: none"> • certification • mid-certification assessment • nutrition education contact
Children	<ul style="list-style-type: none"> • certification • recertification • nutrition education contact